

I claim:

1. A tofu-based pasta comprising:
 - (a) tofu;
 - 5 (b) mashed potatoes;
 - (c) salt;
 - (d) baking soda;
 - (e) egg whites; and
 - (f) flour.
- 10 2. The pasta of claim 1 wherein the tofu is low calorie and firm.
3. The pasta of claim 1 wherein the mashed potatoes are made from baked potatoes.
4. The pasta of claim 1 wherein ingredients (a) - (f) are present in the following amounts by \pm 20%, per unit batch:
 - (a) 14 ounces tofu;
 - 15 (b) 3 tablespoons mashed potatoes;
 - (c) 0.5 teaspoons salt;
 - (d) 0.5 teaspoons baking soda;
 - (e) 6.0 teaspoons egg whites; and
 - (f) 0.75 Cups flour.
- 20 5. A method of making a pasta product comprising:
 - (a) removing water from tofu;
 - (b) mixing the tofu with mashed potatoes, egg whites, salt and baking soda to form a dough;
 - (c) blending the dough with a sufficient amount of flour to produce a non-sticky dough ; and
 - (d) forming the dough into a pasta shape.
- 25 6. The method of claim 5 further comprising cooking the pasta shaped dough.
7. The method of claim 5, wherein the removing water from the tofu step is done by using a cheesecloth and draining.
8. The method of claim 5, wherein the removing water from the tofu step is done by use of a centrifuge.
- 30 9. The method of claim 5, wherein the removing water from the tofu step is done by refrigerating and draining the tofu.
10. The method of claim 6, wherein the cooking step is conducted by boiling or baking.
11. The method of claim 10, wherein the boiling of the dough lasts for 5 to 6 minutes.

12. The method of claim 10, wherein the baking of the dough is done in an oven at 350°F for approximately thirty minutes.
13. A pasta product prepared according to the process of claim 5.
14. The pasta of claim 13, wherein the pasta product is gnocchi, cavatelli, orecchi, or any other pasta type.
15. A method of making a pita bread product comprising:
 - (a) removing water from tofu;
 - (b) mixing the tofu with mashed potatoes, egg whites, salt and baking soda to form a dough;
 - (c) blending the dough with a sufficient amount of flour to produce a non-sticky dough ; and
 - (d) forming the dough into small discs.
16. The method of claim 15 further comprising cooking the disc-shaped dough.
17. The method of claim 16, wherein the cooking step comprises placing the small discs of dough onto a pan, brushing egg white onto the small balls of dough, and baking the small balls in the oven.
18. The method of claim 17, wherein the pan is oiled.
19. The method of claim 17, wherein the oven is set to 325°C.
20. The method of claim 17, wherein the small discs of dough are baked in the oven until they turn a golden brown color.
21. The method of claim 15, wherein the forming step comprises placing the dough onto a working surface, adding a suitable amount of flour to the dough, rolling the dough flat, and cutting the dough into small disks.
22. The method of claim 21, wherein the small discs have a diameter in the range of 1 to 1.5 inches.
23. A pita bread product prepared according to the process of claim 15.
24. The pita bread of claim 23, wherein the product is a bread or a cracker.
25. A method of making a tamale product comprising:
 - (a) removing water from tofu;
 - (b) mixing the tofu with mashed potatoes, egg whites, salt and baking soda to form a dough;
 - (c) blending the dough with a sufficient amount of cornmeal to produce a non-sticky dough ; and
 - (d) forming the dough.
26. The method of claim 25, wherein the cornmeal is Masa Instant dry.